



**To:** Clubs/Schools  
**From:** Kate Trolove – Marketing & Representative Manager  
**Date:** 20/05/2019  
**Subject:** Under 18 Representatives – Player Welfare

---

As per previous years Canterbury Hockey, along with High Performance Sport New Zealand (HPSNZ), want to ensure that players in the under 18 age group selected into representative teams to play at the National U18 Tournaments in July do not have an excessive workload placed on them over the next months.

For this age group, a large number of the players are involved with both club and school teams, and along with their studies, have a huge commitment during terms two and three.

Realistically, if these players were to attend every training session and game for their respective teams they would be looking at between six and ten sessions per week. Considering the Black Sticks are only required to complete six to eight sessions (depending on their **individual needs and requirements**, and including their strength and conditioning sessions), we need to consider what impact ten sessions a week may potentially have on the development and welfare of our young players with regards to the overall physical loading on their bodies.

Young players generally don't have the strength or fitness levels to sustain the intensities placed on them during hockey games and the soft tissue injuries in this age group are alarming. Long term athlete development should be about learning to manage both the physical qualities and the skills involved in hockey throughout the entire season, and we need to be conscious of the workload of these athletes in the coming months.

We do not want to place any greater significance on any particular team during the season, but we do want to make sure there is an even balance for these players and that they are committing themselves to each programme they are involved in. We suggest the following for these players per week:

- 1 x club training and 1 x club game
- 1 x school training and 1 x school game
- 2 representative sessions (practice matches to take place during these sessions)
- If an athlete is involved in 2 x school matches a week (e.g. SPL game plus school exchange game) it's recommended they do not participate in the school training that week.
- At a minimum the athlete has 1 x rest day

Please do not hesitate to contact me if you have any questions.

Kind regards

Kate Trolove  
Marketing & Representative Manager